

Fasciathery Combined with Pulsology Touch Induces Changes in Blood Turbulence Potentially Beneficial for Vascular Endothelium

Nadine Queré, Physical Therapist and Psychoeducator, *Superior School of Fasciathery, DBM* @ 71, bd de Brandebourg 94200 Ivry sur Seine France phone ++33156201010 fax ++33156200826 email Nadine.quere@pointdappui.com

Evelyne Noël, MD, Institut Mutualiste Monsouris 42, bd Jourdan 75014 Paris France phone ++331- 47357777 fax ++33146569703 email dr.evelynenoel@orange.fr

Patrizia d'Alessio MD PhD, Ass Pr Cell Biology University Paris 11 U 602 Inserm "Microenvironnement et physiopathologie de la différenciation" CHU Paul Brousse 12, ave Paul Vaillant-Couturier 94807 Villejuif France phone ++331-45595146 fax: 1-45595359 email dalessio@vjf.inserm.fr

BACKGROUND

The fascia is by nature an elastic tissue, and is very sensitive to any form of stress whether physical, emotional or psycho-social. It reacts to stress by tightening its hold on the organ it covers (be it a muscle, blood vessel or vital organ) so that the physiological function of the organ is impaired. One of the specific aspect of stress is that it induces arterial vasomotor reactions (vasoconstriction, blood flow turbulence). This tightening of the fascia and resulting vascular modifications are reversible, but sometimes tensions become embedded in the fascia and gradually begin to disturb the general equilibrium of the body. Here we propose a model to test if manual therapy with pulsology touch directed to the artery [1,2] can affect the qualitative modification of two important parameters, blood shear rate and turbulence thus improving vascular function.

METHODS

10 patients (normotensive and stressed or hypertensive) have been treated by manual fasciathery with pulsology touch according to the following protocol : 5 minute treatments of the abdominal artery, using the technique of the supporting point, were measured with Echo-Doppler at the level of both axillary arteries, before and after treatment.

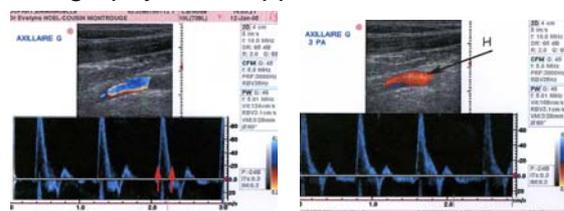
RESULTS

Our preliminary pilot studies have shown in all patients the following changes : a double increase of blood shear rate (at comparable heart rate), a dilation of the axillary arteries due to a diminishing rigidity of the vascular wall; a harmonization of blood velocities and a bradycardic reaction following each manipulation (supporting point), shown by the enlargement of the systolic curve on the Echo-Doppler result.

CONCLUSION

Stress has been shown to modify vascular parameters, inducing vasospams and transitory hypertension. Moreover, psycho-social stress has a profound impact on vascular endothelium, inducing systemic inflammation [3,5]. Fasciathery approach combined with pulsology touch could act on the vaso-dynamic aspects of endothelial dysfunction [4].

Echography and Doppler effect:



1- Left axillary artery before manual treatment
2- Left axillary artery after manual treatment (3 supporting points) shows harmonization of velocities (H arrow) and disappearance of the turbulences and enlargement of the systolic curve

1

2

REFERENCES

- [1] Queré N, The Pulsology DBM, Point d'Appui ed., 2004.
- [2] Queré N, Pulsology in fasciathery-somatology DBM, DVD Point d'Appui ed., 2007.
- [3] d'Alessio P, Aging and the endothelium, 2003, Journal of Experimental Gerontology, 165-171.
- [4] d'Alessio P, In L'alerte du Corps « Alerte du Corps » UNESCO eds, 2005, pp 5-25.
- [5] d'Alessio P, Cellular stress and aging, 2005 Nouvelle Revue d'Aromathérapie, Springer eds.